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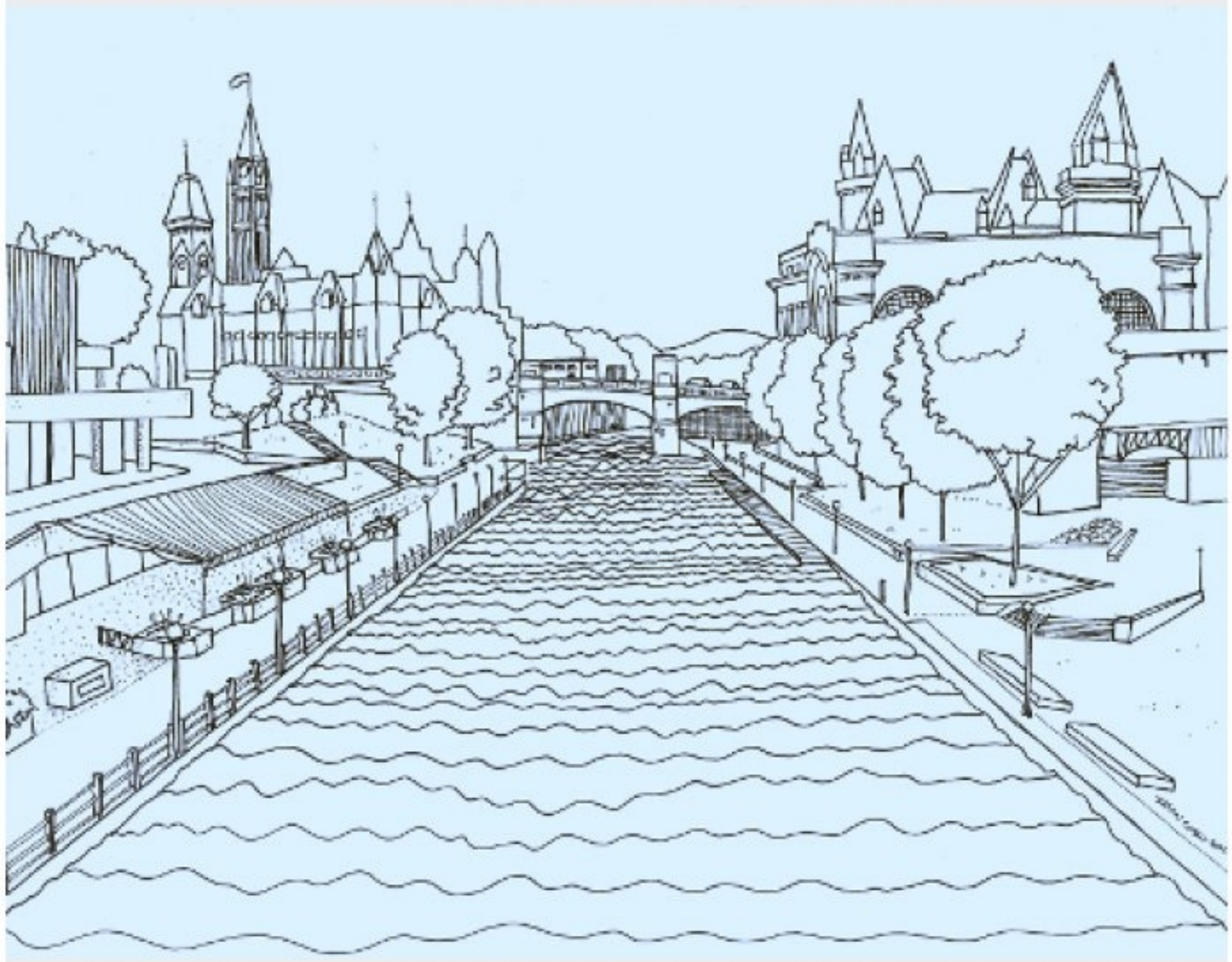

COURTESY JASON COBILL

U of O trying all-gender washrooms

PILOT PROJECT

Changes to two facilities in Social Science building

Haley Ritchie
Metro | Ottawa

The University of Ottawa's Social Sciences building could soon be home to the city's first multi-stall "all gender" washrooms.

Two washrooms on the 11th floor of the building, formerly designated male and female, are being turned into gender-neutral facilities. Right now they have temporary signage welcoming all genders but are in the final stages of approval to be changed over permanently.

"We want to increase the options," said professor Kathryn Trevenen, interim director of the Institute of Feminist and Gender Studies, which is also located on the 11th floor.

"We're not saying we should get rid of gender-segregated bathrooms — people who are more comfortable using gender-segregated bathrooms can definitely use any other floor in the building," she said.

Trevenen said there are three main groups of people who would benefit from the washrooms, including people with disabilities who may have attendants of the opposite gender, parents with children and gender non-conforming people.

"I think everyone benefits from a great diversity of bathroom options," she said.

Trevenen said lots of different organizations on campus have been involved, including the women's resource centre and the pride centre.

Getting gender-neutral bathrooms on the institute's floor of the building has been in the works for about a year.

The biggest obstacle was the province's building code, which specifies buildings need equal numbers of bathrooms for men and women. Trevenen met with city councillors Catherine McKenney and Mathieu Fluery for clarification.

McKenney said the building code doesn't apply because there's no new construction.

"Ottawa U is piloting here, starting the conversation, but we should be taking leadership at the city as well and making sure there are washrooms for everyone," she said.

Schools and restaurants in Ottawa are increasingly introducing gender-neutral washrooms, but most are single stall "family" style. As of 2015 the Ontario Building Code requires at least one single-user washroom in all new buildings that require washrooms.

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metro NEWS

Your essential daily news

Domestic airfare at six-year low, but fees keep final costs high. **Business**

CENTREPOINTE THEATRE

Venue reveals schedule

Joe Lofaro
Metro | Ottawa

Indie rockers Tokyo Police Club and comedian Shaun Majumder will be heading to Ottawa this fall for the Centrepointe Theatre Presents 2016-17 season.

The full lineup includes everything from a Las Vegas-inspired magician to family-friendly kids' shows.

Hailing from Newmarket, Ont., Tokyo Police Club just released their newest EP Melon Collie and the Infinite Radness: Part One last month, which they recorded together in New York. Their Ottawa show on Nov. 1 comes as the band marks 10 years since their debut EP, A Lesson in Crime.

Not everyone can make a 24-foot steam train locomotive disappear into thin air, but that's what B.C.-born magician Murray Sawchuk did on America's Got Talent.

Now an award-winning resident magician in Las Vegas, Sawchuk will head back to Canadian soil on Feb. 10, 2017 for his show in Ottawa.

Other acts for this year's new season include Anne Marie Scheffler's show Suddenly Mommy, I.aM.mE dance crew, comedian Greg Rogell, and Lisa Loeb's family singalong and music show.

Tickets can be purchased online at centrepointetheatres.com, by phone at 613-580-2700, or at the box office.

Councillors dream big for future of Sens arena

CANADIAN TIRE CENTRE

Senators' move from west end opens door for development

Lucy Scholey
Metro | Ottawa

West-end Ottawa city councillors are dreaming up ways to fill Kanata's NHL arena, now that the Ottawa Senators are likely moving to LeBreton Flats.

Last week, the National Capital Commission announced RendezVous LeBreton, which is backed by the Ottawa Senators, is the "preferred" bidder for the 22 hectares of land downtown.

That means an NHL-calibre arena, mixed housing and green space are in the cards for LeBreton Flats. It also means an aquarium, car museum and media centre are out — as per DCDLS Group's competing bid.

But maybe an aquarium could go in the Canadian Tire Centre, which is the Ottawa Senators' current home, said Kanata South Coun. Allan Hubley. Or a planetarium, a bio-dome or all of the above.

"We've been talking about some sort of theme park like (Canada's) Wonderland or maybe a mixed theme park-retail like in West Edmonton Mall," he said.

The news is bittersweet for business owners in Kanata, he said, but the Senators' move could spur something that financially boosts surrounding restaurants and shops beyond NHL games and concerts.

And, as an aside, a downtown arena could speed up the need for light rail transit in the west end, he said. Currently, the plan is to extend the line to Bayshore by 2023. Hubley has asked staff to study the possibility of bringing light rail to Kanata by 2031.

Because the Ottawa Senators own the Canadian Tire Centre property, the future of the arena lies with them. And the team is looking at another five to 10 years before they move out.

Whatever goes in that space, Kanata North Coun. Marianne Wilkinson wants something more than another subdivision.

"Let's have something great go there. Just as we're having something great go downtown," she said.

Meanwhile, most city councillors seem warm to the RendezVous LeBreton proposal.

Somerset Coun. Catherine McKenney said it was her preferred bid from the get-go.

"To have a hockey team located in the downtown, especially situated on light rail, I always thought it was preferable to being out as far as they are today."

The National Capital Commission will start negotiations with RendezVous LeBreton. The plan will not be final until next year.

POLITICS DUFFY RESUMES SENATORIAL DUTIES ON PARLIAMENT HILL
Sen. Mike Duffy is back on Parliament Hill after keeping a low profile during his long-running legal odyssey. Duffy's return comes less than two weeks after he was acquitted of all 31 charges in his trial for fraud, breach of trust and bribery. Duffy was suspended from the Senate over his expense troubles, but the suspension was lifted with the last federal election.
SEAN KILPATRICK/THE CANADIAN PRESS

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Comedian takes on stereotypes

ONE-MAN SHOW

Ali Hassan to give his comedic take on growing up Muslim

Ali Hassan has a love affair with pork, flunked out of Sunday school as a kid and, up until 9/11, didn't identify as a Muslim.

But over the past few years, the comedian and voice of CBC's Laugh Out Loud has found himself standing up for a religion he still doesn't understand — and cracking jokes about it.

His new one-man comedy show, Muslim, Interrupted, pokes fun at his journey through Islam — from Islamophobia to raising his four kids.

What to expect from Muslim, Interrupted

"The first thing to know is that it is a comedy. That's actually an underlying theme of the show — that we live in a world right now where a Muslim stand-up comedian still has to announce that his solo show, Muslim, Interrupted, is a comedy show. We live in a world where you hear the word, "Muslim," and you don't necessarily think of comedy. Let's be frank. People should know that it's a comedy show and it's sort of a trip down memory lane of my successes and failures in religion. Right up until today, my children ask me questions about Islam that I have no real ability to answer. We were in Costco the other day and my four-year-old was like, 'How come you're the only one in the family who eats pork?'"

Growing up Muslim

"I had experiences in Sunday School that I didn't enjoy. My mother wouldn't hear anything. Every Sunday morning, my father would be like, 'Buddy, you're on your own. This is something your mother wants you to do. You have to go.' I would go kicking and screaming. She just wanted me to have some sort of connection and introduction to the religion."

On navigating Islam (and airports) post-9/11

"Something like 9/11 happens and you are identified as a Muslim if you want to be or not. You spend hours and hours in rooms in airports during the 2000s. I get it. My name is Ali Hassan. I get it that there are some Ali Hassans who have done some horrible things. But I'm pretty sure that the Ali Hassan they're looking for was not born in Fredericton, N.B. Did not grow up in Montreal, Que. Their father wasn't an English teacher. They don't speak French. They didn't play hockey. Whether you want to be Muslim or not, that's what you're perceived as. I think 9/11 definitely did sort of open my eyes to that."

More cultural than religious

"I am a cultural Muslim, which means that I'm not a religious person, that I don't practice Islam. From a cultural standpoint, I still go to events that are attended by primarily Muslim people. I have a Muslim family. I speak a couple of languages that are spoken in a Muslim country. I speak Punjabi at a Grade 3 level and Urdu at a probably Grade 6 level."

Punishment for loving pork

"I was a judge at (Toronto) Ribfest recently, which was one of the most thrilling moments of my life. The punishment is cushioned in the event. I got there feeling like such a rebel and feeling like this was what I was made to do in my life. By the time you're on that 12th rib, you're like, 'I made a horrible mistake.' But you're the judge on stage and you just gotta keep eating. By the 16th rib, I was like, 'Oh God, I'm never eating ribs again.' I ate ribs another couple of months later."

Comedy versus Islamophobia

"I'm not an activist. I'm not on the front lines or anything like that. The only thing that I can really do is a little bit of positive PR for Muslims when I'm onstage. I can poke a little joke at myself. I can make a little fun of Islam. Not where it's selling out the religion down the river, but I can be a little funny about it."

Comedian Ali Hassan is bringing his solo show, Muslim Interrupted, to Arts Court on May 7. CONTRIBUTED

TICKETS

Muslim, Interrupted will play at Arts Court on Saturday at 8 p.m. Tickets are available at artscourt.ca.

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No scapegoat for welfare overpayments

SOCIAL ASSISTANCE

Some problems 'anticipated' for rollout: Minister

No one has been disciplined for the problematic rollout of a welfare and disability payment system that cost the public an extra $52 million to fix, Ontario's community and social services minister said Monday.

Weeks after the Social Assistance Management System was launched in November 2014, serious defects and performance issues became public — it erroneously queued up $20 million in overpayments and $382,000 of that was actually paid out.

The ministry is also looking into an additional $35 million in potential benefit calculation errors highlighted by the auditor general in her annual report last year. The system cost about $240 million to design and implement, and the cost of fixing all of its glitches brought the total closer to $300 million.

Auditor General Bonnie Lysyk found that the SAMS executive committee knew the system wasn't functioning properly and that it hadn't been fully tested but decided to launch it anyway.

Community and Social Services Minister Helena Jaczek says she is not aware of anyone being disciplined over it, but that she has accepted responsibility.

"Some problems were anticipated, just as there would be with any large introduction of a huge system like this, but clearly those issues that did arise were above and beyond what was expected," she said.

"They felt that the problems had been overcome. That's all I can say."

THE CANADIAN PRESS

Ontario's Minister for Community and Social Services Helena Jaczek in December 2014. CHRIS YOUNG/THE CANADIAN PRESS

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ART

Colouring book captures capital

Haley Ritchie
Metro | Ottawa

Do you love Ottawa but think it could use some more colour? Better sharpen your pencil crayons: an Ottawa-themed colouring book is coming soon to the city.

The idea was born at a local bookstore, when Jason Cobill spotted a stack of colouring books while despairing over the lack of arts grants in Ottawa.

Inspired to create something custom-made for residents of the city, Cobill and his co-worker Maxime Gauthier-Kwan started contacting artists.

"I've done a lot of travelling and I think Ottawa stands out. I want people to be excited about their city," said Cobill. "People are so excited when they see the drawings and get that glimmer of recognition."

Eighteen different local artists were commissioned for the book and each brings their own artistic style and their own favourite places in the city. The project was also helped with a $1,000 grant from the Awesome Ottawa foundation.

The result is a colouring book that includes familiar scenes from Hintonburg to Chinatown and the National Arts Centre to Rideau Falls.

Adult colouring books have seen a quick rise in popularity owed to childhood nostalgia and their use for stress-relief. Both creators said Ottawa in Colour is designed to appeal to everyone — from kids to adults.

"Everything is going digital right now," said Gauthier-Kwan. "Drawing, especially for adults, can make you take a step back and relax. You have to focus on the task at hand."

Gauthier-Kwan and Cobill are self-publishing and currently in distribution talks with local stores. The goal is to have a final product available for purchase by July 1, 2016.

Jason Cobill and Maxime Gauthier-Kwan are behind "Ottawa in Colour".
HALEY RITCHIE/METRO

RECREATION

Floating docks for summer canal fun

Residents eager for more summer canal access noticed a new addition to the waterway this weekend aside from rising water levels.

Over the weekend Parks Canada staff installed heavy-duty metal brackets to the canal walls near Clegg Street and Patterson Creek. The access points are currently gated off and locked but are likely part of a set of floating docks that would allow paddlers better access to the canal.

"I'm delighted Parks has moved this forward," said John Dance of the Old Ottawa East Community Association.

Dance and other community association members in the Glebe and Old Ottawa East have been lobbying Environment Minister Catherine McKenna, the National Capital Commission and Parks Canada for greater canal access for paddlers.

Dance was told by Parks Canada staff that docks were to be installed in June.

HALEY RITCHIE/METRO

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WHEN HARRY MET JUSTIN PRINCE LAUNCHES COUNTDOWN TO 2017 INVICTUS GAMES Prime Minister Justin Trudeau shakes hands with Prince Harry during the Prince's visit to Toronto on Monday to promote the 2017 Invictus Games, which the city will be hosting.

Harry promised that the Toronto edition of the Olympic-style sporting event honouring wounded, injured and sick troops would be its biggest yet. About 600 participants from 16 nations are expected to compete in the event, which is the 31-year-old royal's brainchild. Harry said the desire to found the games took root in 2008 while he was serving as an officer in Afghanistan.

Later in the day, Harry and Trudeau traded their formal suits into more relaxed attire when they attended a sledge hockey exhibition game at Ryerson University. NATHAN DENETTE/THE CANADIAN PRESS

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Feds quietly pay $75M settlement

LAC-MEGANTIC

Move may have been made to avoid lawsuits in train tragedy

The federal government quietly spent $75 million to settle with victims and creditors affected by the Lac-Megantic rail disaster — a contribution that also shielded it from lawsuits related to the deadly crash.

Former transport minister Lisa Raitt said the deal, which involved 24 other defendants who settled, was under negotiation before her Conservatives lost the October election to the Liberals.

The Liberals have refused to reveal how much the government gave to the $460-million settlement fund, even though at least two parties accused of wrongdoing in the deadly Quebec derailment disclosed their contributions.

But in a recent interview Raitt said the amount was public.

She said it was included in Transport Canada's supplementary estimates as well as in its quarterly financial report under "out-of-court settlement." The amount listed is $75 million.

Last week, Transport Minister Marc Garneau said the figure was "classified" when asked how much taxpayer money the government set aside for the settlement.

Garneau also reiterated Ottawa's denial — under both the Liberals and the Tories — that it had any legal responsibility for the 2013 oil-train accident that killed 47 people and levelled part of Lac-Megantic.

"We don't acknowledge that we had any responsibility; however, we did want to make a contribution because of the impact of this terrible tragedy in Lac-Megantic," Garneau said last week.

Raitt agreed that the government's main goal behind the settlement was to speed up the process.

"The motivation was simple: this was an opportunity to get money to the victims for wrongful death in a shorter period of time through the U.S. bankruptcy proceedings as opposed to a long, drawn-out, litigious court case," Raitt said in a recent interview.

The government's decision to settle may have also been made to avoid the cost of fighting the allegations in court. It would have faced numerous lawsuits related to the derailment on both sides of the border, said the U.S.-based bankruptcy trustee for the company at the centre of the crash — Montreal, Maine & Atlantic Railway.

Robert Keach has also said that, contractually speaking, the arrangement explicitly stated the settling parties were not acknowledging any liability with their contributions.

THE CANADIAN PRESS

> **We don't acknowledge that we had any responsibility; however, we did want to make a contribution.** Marc Garneau

IN BRIEF

Charge dropped against Trailer Park Boys actor

A misdemeanour domestic battery charge has been dropped against Trailer Park Boys actor Mike Smith a month after his arrest in Los Angeles.

Smith, who plays the character Bubbles on the Canadian cult comedy, was arrested on April 1 after an incident at a Hollywood hotel involving a woman.

He was released on bail hours later, after being booked on suspicion of misdemeanour domestic battery. THE CANADIAN PRESS

PQ leader pulls the plug on politics as kids win out

Pierre Karl Peladeau, chosen by Quebec sovereigntists last year to lead them to independence, stunned the Canadian political class Monday by quitting — a move that leaves the Parti Quebecois looking for yet another leader.

Peladeau, 54, who was elected PQ leader last May 15, fought back tears as he told a news conference he had chosen his family over politics.

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Cruz on the precipice

U.S. REPUBLICAN PRIMARIES

Indiana 'make or break' for Trump's No. 1 competition

Ted Cruz's conservative crusade for the presidency fought for new life Monday ahead of an Indiana vote that could effectively end the GOP's primary season. The fiery Texas senator hinted at an exit strategy, even as he vowed to compete to the end against surging Republican front-runner Donald Trump.

"I am in for the distance — as long as we have a viable path to victory," Cruz told reporters after campaigning at a popular breakfast stop.

With his supporters fearing Cruz could lose a seventh consecutive state Tuesday, the candidate's formulation hinted at a time when he may give up.

Like Ohio Gov. John Kasich, Cruz is already mathematically eliminated from reaching a delegate majority before the Republican Party's national convention in July. He retreated to Indiana more than a week ago, hoping a win could at least help him deny Trump an outright primary victory and lead to a contested convention.

But a recent poll of likely Indiana voters showed Trump holding a commanding lead.

Republican presidential candidate Ted Cruz, right, exchanges words with Donald Trump supporters during a visit to Marion, Ind., on Monday. JEFF MOREHEAD/CHRONICLE-TRIBUNE VIA THE ASSOCIATED PRESS

> **Millions of Americans are praying for this state.**
> Ted Cruz

At a stop in Monday in Marion, Ind., Trump supporters confronted Cruz.

"Lyin' Ted!" yelled one, using Trump's pet name for his rival.

"What do you like about him?" Cruz asked the man. "Name one thing."

"Everything," the protester replied.

After six straight victories across the Northeast late last month, math and momentum are on Trump's side. The anti-Trump movement's only hope is to deny the billionaire businessman a 1,237-delegate majority by defeating him in Indiana and the handful of contests remaining over the next month. Then, Cruz or another candidate would have to beat him when delegates gather in Cleveland in July.

"Millions of Americans are praying for this state," Cruz said. "The entire country is depending on the state of Indiana to pull us back from this cliff."

Trump's team sensed an Indiana knockout.

"Indiana is Ted Cruz's firewall. It's where he says that it's make-or-break for him," Trump campaign manager Corey Lewandowski said.

Trump, for his part, held a pair of rallies in the state Monday.

"Indiana is very important, because if I win that's the end of it," Trump said at an unscheduled stop at Shapiro's Delicatessen in Indianapolis.

THE ASSOCIATED PRESS

PANAMA PAPERS

Finnish media refuses tax brass

Finnish broadcaster YLE says it won't provide documents related to the Panama Papers to the country's tax authority, which has demanded access to them in an apparent move to trace tax dodgers with offshore accounts.

YLE lawyer Kirsi-Marja Okkonen says they won't comply with the request from the Finnish Tax Authority, which set an April 29 deadline for receiving the information. She said Monday that tax officials had also threatened to call on police to help them obtain the documents.

Okkonen said Monday that YLE will appeal to the Helsinki Administrative Court. It has until mid-July to do so.

The tax office move has been widely criticized in the Nordic country, which hosts World Press Freedom day this week with more than 1,000 media professionals expected to attend. THE ASSOCIATED PRESS

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Domestic flight prices flying low

TRAVEL

Yet carriers say third-party fees may outweigh cheap base cost

The $12 price drop was calculated on figures from WestJet, Air Transat and Air Canada and its subsidiaries. TORSTAR NEWS SERVICE FILE

The average domestic airfare on major Canadian airlines remained at a six-year low in the third quarter of 2015, according to the latest figures from Statistics Canada, although that might come as a surprise to travellers.

In its report this week, the agency said a one-way domestic flight cost on average $175.70 before fees and taxes, down from $187.60 a year earlier.

International fares edged up by just 60 cents, from $340.60 to $341.20.

Statistics Canada says the $12 drop in domestic prices allowed Canada's overall rates to remain at their lowest levels in six years.

The figures are based on WestJet, Air Transat and Air Canada and its subsidiaries.

However, the total cost of a ticket still remains high, as airport improvement fees, fuel surcharges, security fees and other charges are constantly on the rise.

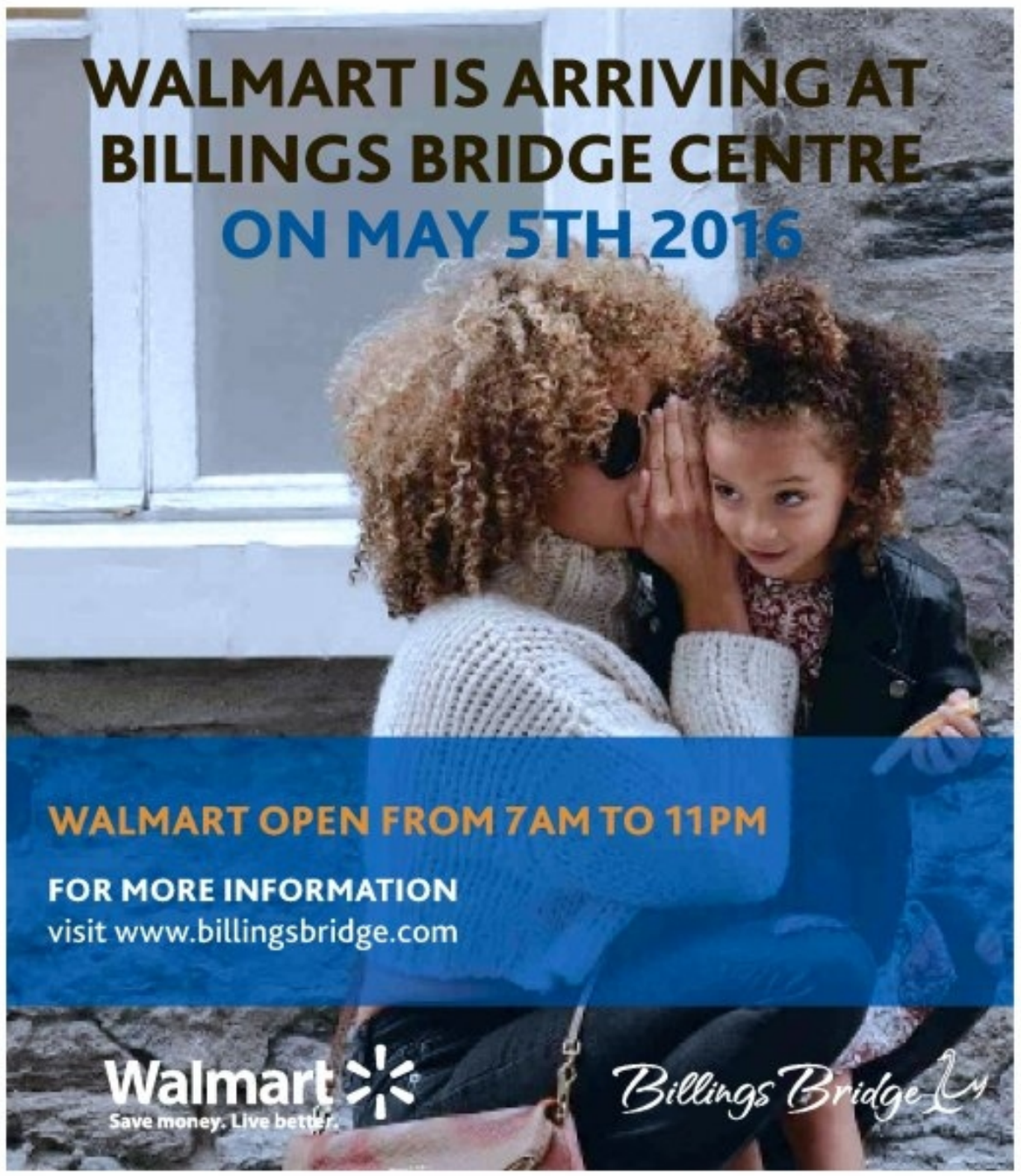
Marc-Andre O'Rourke, executive director of the Ottawa-based National Airlines Council of Canada, says those extra fees may keep consumers from seeing the low base-fare reflected in the total cost.

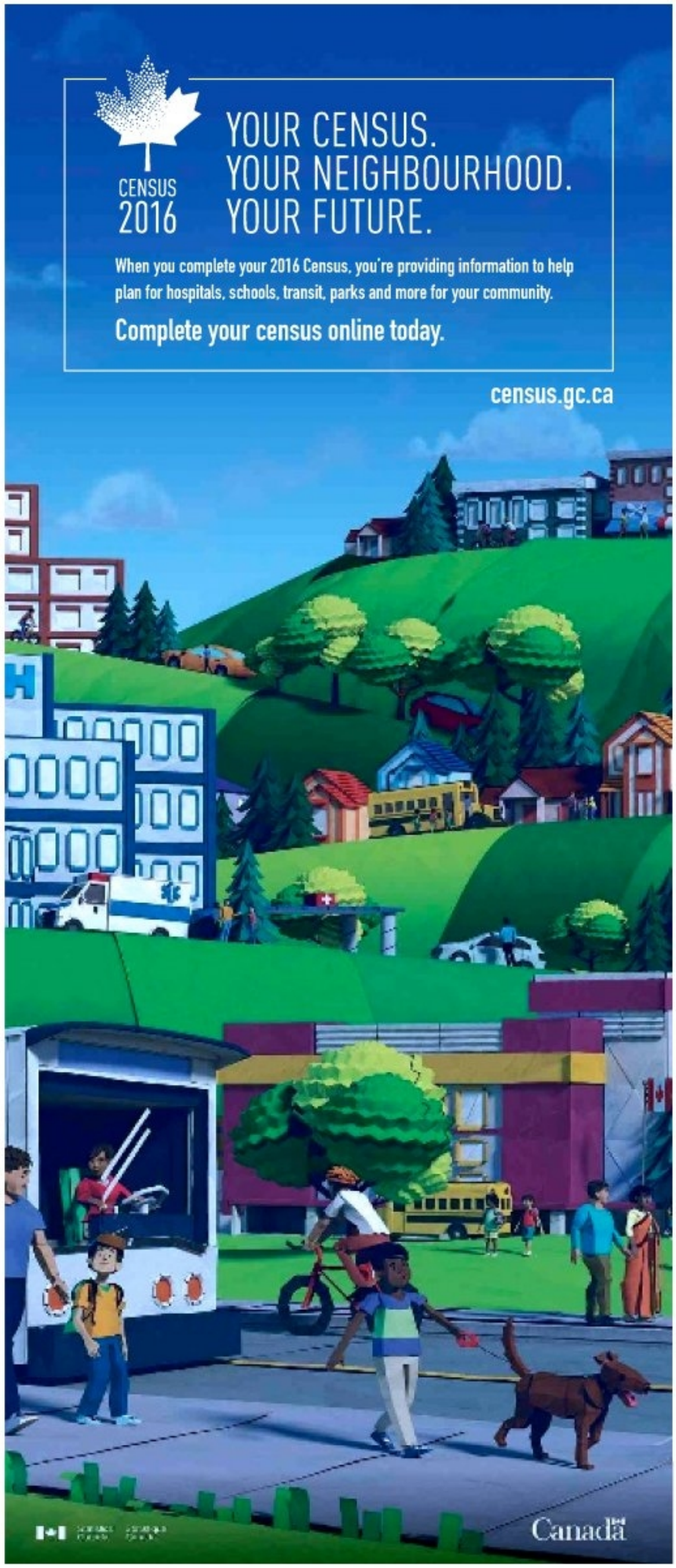
"All those fees, airlines have no control over; government and agencies adding their own fees to the airfare," he says.

O'Rourke, whose group represents Canada's major airlines, says carriers are doing what they can to keep ticket prices down but have little control over what consumers actually end up paying for a flight.

"The frustrating part is that our member airlines are doing their part to keep their prices competitive, but then we have these third-party taxes and fees that piggyback on the airfare that affect the total that the passenger pays," O'Rourke says, adding that ticket prices are not directly correlated to fuel prices.

THE CANADIAN PRESS

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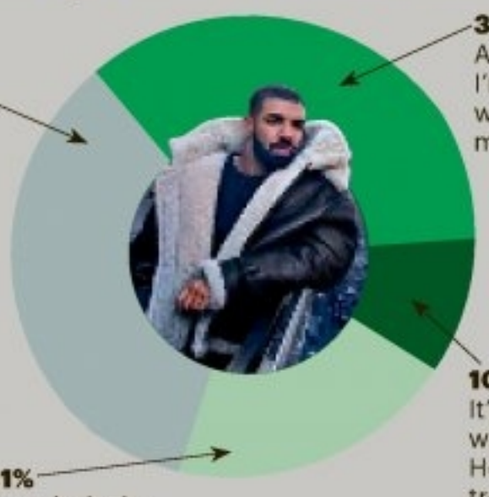
metro VIEWS
Your essential daily news
Tuesday, May 3, 2016

METRO POLL

What are your views on the new Drake?

Dope 6ix god or homesick clod?
Late Thursday night, The 6 was, for once, the actual centre of the universe, as Drake's fourth official album, almost two years in the hyping, premiered on Apple Music. The release was a sensation on social media, but early reviews were mixed: Some critics said it was a triumph; others said it was dull, repetitive and ponderous. We asked Metro readers to weigh in. Here's what you told us.

1 What do you think of the album overall?


34%
Ask me later. I'm hoping it will grow on me.
35%
It's a smash! His best work.
10%
It's whatever. He's treading the same old water.
21%
It's a dud! The songs are trash. paltry.

2 We asked you to rate each track. Here's how you voted (avg. score out of 5):

1. Hotline Bling (3.60)
2. One Dance (3.56)
3. Hype (3.38)
4. Pop Style (3.33)
5. Weston Rd. Flows (3.33)
6. Controlla (3.28)
7. Feel No Ways (3.23)
8. Grammys (3.18)
9. U With Me? (3.13)
10. 9 (3.12)
11. Views (3.10)
12. Keep the Family Close (3.09)
13. With You (3.06)
14. Still Here (3.05)
15. Redemption (3.05)
16. Child's Play (3.02)
17. Too Good (2.97)
18. Faithful (2.89)
19. Fire & Desire (2.89)
20. Summer's Over (2.62)

WE ASKED Metro readers

This record is special. Why don't critics realize that the 'monotonous' effect is intentional?

Drake sucks. He isn't talented and his music is garbage.

visit metronews.ca
HAVE YOUR SAY

LeBreton Flats and the promise of connection

COLLINS' CAPITAL
Steve Collins

The question was not whether the new LeBreton Flats would include a sports arena — it was which arena.

Last week, we got our answer, as RendezVous LeBreton got the nod to start negotiations with the NCC (with runner-up Devcore Canderel DLS Group hovering nearby).

"There are many words that could be used to describe the powerful public anchor use in the IllumiNATION LeBreton development plan," reads the RendezVous bumf on the project, before helpfully supplying a few: "iconic, symbolic, electric, a beating heart, a pivot point, a keystone, a national stage. The proposed Major Events Centre (MEC) with its 18,000-seat capacity along with its adjacent LeBreton Square capable of holding up to 28,000 people, will become a new nexus point to an energized city."

Yeah, an arena. Got it.

Judging by public feedback, many were rather less chuffed about this than was the hockey-team-owning proponent. I can already hear the future noise complaints.

But the prospect of taking in a Sens game or major concert without the commute to Kanata is undeniably appealing, and if venues for professional sports and other mass entertainments aren't the alpha and omega of city-building, they're a legitimate component, and often, as at Lansdowne Park, a key to getting the rest of the deal done.

(The last time the new central library project got backburnered while Lansdowne steamed ahead, I facetiously suggested getting the boring old book nook back on the agenda by attaching a stadium. Now there's a possible library at LeBreton.)

The NCC, in announcing their choice, made less of the future of the Ottawa Senators (owner Eugene Melnyk wants them downtown in time for the 2021-2022 season) than of the ways in which the proposed development connects with existing and future components of the Flats.

The current big toxic nothing, aftermath of the bulldozing of LeBreton in the '60s, is a hole in the city, perhaps not as daunting for cyclists and pedestrians to traverse as our rivers, canal and highways, but hardly inviting. When I lived on Albert Street across from the empty eyesore, I got in the habit of not even looking at it.

A little bit of connection goes a long way. The simple addition of the Adawe Crossing over the Rideau River has given east-enders like me a new favourite walk/ride downtown and, along Somerset, far to the west. This route suffered a kink on Monday, when the pedestrian and cycling underpass at the university shut down for a 16-week hibernation during LRT construction.

The Confederation Line, even while linking east and west, also threatened to bifurcate LeBreton north and south. RendezVous scored major points with the NCC by proposing to bury the tracks under a street.

LeBreton also offers to connect pedestrians and cyclists to the TransCanada Trail and the river, while the proposed Abilities Centre Ottawa and some affordable housing promise to help bridge some of the less visible gaps in our city. And even an arena is a place to come together.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

Survey says: We do, in fact, believe survivors — most of the time

It was announced with all but a flourish of applause: Two-third of Canadians believe the majority of sexual assault claims are true. (The (!) was silent.)

You can almost hear the Ghomeshi protesters still chanting, "We believe survivors!"

And if you recall those frenzied weeks, when some (I was one) truly thought a real or metaphorical beast of sexism might be slayed, you will remember that, yes, it was mostly women's voices. Outside the courthouse, and at the rally after the acquittal.

Happily, in this new poll released yesterday by the Canadian Women's Foundation, men are better represented. But the numbers remain decidedly gendered. While 75 per cent of women believe most claims of sexual assault, only 59 per cent of men do. Men are also twice as likely to think sexual assault claims are false, though it's a merciful two per cent.

Men are more likely to say sexual assault is not very or not at all common, at 22 per cent. A whopping 93 per cent of women, on the other hand, say it's very or somewhat common. Men are more likely to say the issue is exaggerated by women's groups, and less likely to say sexual assault is the fault of the perpetrator. The poll also suggests men are less likely to believe that perpetrators (men) might feel entitled to victims (women's) bodies.

I don't even need to extrapolate a probable cause for all this, because it's also right there in the data: Women are more likely to say sexual assault has touched their life or that of someone they know, and they are more likely to say sexual assault is underreported.

The Canadian Women's Foundation released the poll with praise for Canadians' willingness to believe survivors, but it also explains very clearly how unwilling many men remain.

It makes sense, though it's lazy, that someone wouldn't understand what they haven't experienced: namely, the sexualization of yourself in every facet of life, for men's and society's sake. Women, on the other hand, experience sexual assault like the weather.

This pervasiveness of both sexism and disbelief in sexism has given us such gems as the "attention-seeking" woman who risks personal and professional backlash in order to press sexual-assault charges, and Conservative MP Michelle Rempel, whose pedestrian, even mundane account of sexual harassment went viral, as if it were new, racy, or surprising.

This disbelief also feeds the need to celebrate any evidence of belief. But men, more than women, don't need applause: What they need is a little help getting this whole sexism thing.

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metro LIFE

Your essential daily news

Celebs stick to "Manus x Machina" theme at Met Gala — more pics at metronews.ca

BY THE NUMBERS

Explaining the 1-minute workout

Busy people, listen up: What if you could push yourself to the max for just one minute and reap the benefits of a longer gym session? TORSTAR NEWS SERVICE

60

A new Canadian study from McMaster University shows doing **just 60 seconds** of intense sprint intervals offers the same health benefits as 45 minutes of less-strenuous continuous exercise — further reinforcing the benefits of trendy high-intensity interval training, or HIIT.

This is a reminder that even if you have 10 minutes in your day — on your lunch hour — you can get in a quality workout with intense exercise
Martin Gibala, professor and chair of McMaster's department of kinesiology

30 vs 150

The 12-week study focused on two groups of inactive men, with one group doing sprint interval training and the other doing continuous workouts three times a week on bicycles. Both groups improved cardiovascular fitness by nearly 20 per cent. But the interval-based group did 10 minutes for each session, broken into a two-minute warm-up, a 20-second burst, a two-minute recovery, another 20-second burst, another two-minute recovery, a final 20-second burst, followed by a three-minute cool-down. Those three 20-second bursts totalled just one minute of intense exercise. In contrast, the second group did 50 minutes of continuous exercise for each session, with a 45-minute workout plus warm-up and cool-down time. **That's a big difference in time commitment over a week: Just 30 minutes of exercise versus 150 minutes of exercise.**

CONCLUSIONS AND LIMITATIONS The study was on the small side — just 25 participants — and didn't involve women, although Gibala says his team is working on parallel female research. Still, he says it's one of his most comprehensive studies to date, and innovative in its head-to-head comparison between small-dose sprint training and the traditional approach. Jonathan Little, an assistant professor at the University of British Columbia Okanagan's school of health and exercise science, praised the McMaster study, saying it's surpassing previous research. "No studies before have really looked at this very low time-efficient strategy for anything longer than six weeks," he says. ISTOCK

YOGA

A stretch fit for the canned goods aisle

YuMee Chung demonstrates the Can Opener. TORSTAR NEWS SERVICE

YuMee Chung
Torstar News Service

I set up shop in the canned goods aisle to bring you a pose called Hands-Free Can Opener.

This pose targets the psoas muscle, a deep-seated core muscle connecting the lumbar vertebrae to the femur.

1. Stand tall with your back against a wall.

2. Bend your right knee and draw it close to the chest with your hands.

3. Use your arm strength to squash upper thigh against belly. Resist the temptation to hike your right hip towards the shoulder.

4. Without losing any of the intimacy you've just created between belly and thigh, go hands-free by reaching your arms straight up to the sky with palms facing one another. Arms are like train tracks rather than the Y in YMCA.

5. Take five powerful breaths through your nose before lowering hands and foot to the ground.

6. Let any sensation dissipate before switching sides.

The Hands-Free Can Opener is a do-it-anywhere psoas strengthener that hits a major body blind spot. Do the pose a few times a day, whenever you can.

THE TARGET
This pose targets the psoas muscle, a deep-seated core muscle connecting the lumbar vertebrae to the femur.

Make a splash

The Can Opener is the name of a fun beginner dive. Children of all ages love this one for its potential to create a big splash. The secret to a splashy dive is leaning the body back as it hits the water.

In contrast, our yoga pose, Hands-Free Can Opener, is set against a wall to avoid any temptation to introduce a backward lean, which would effectively cheat the psoas of an opportunity to get strong at the very top of its range of motion. The wall keeps us honest.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

I tried to date local with the one-mile Tinder diet

ROMANCE

When it comes to finding The One, efficiency has its pitfalls

Amber Shortt
Torstar News Service

In search of love and convenience, Amber Shortt embarked on a one-mile Tinder experiment, only dating men in her neighbourhood. CHRIS SO/TORSTAR NEWS SERVICE

Dating is hard enough in the city without adding a commute.

After a long day at work, the last thing anyone wants to do is sacrifice crucial do-nothing time for being stuck hot and nervous on a streetcar trying to remember some anecdote about a place they went to in Italy that one time. Especially when the end result is almost always unsuccessful (It just takes one, so I keep being told).

And so after a couple years of singledom, I decided to rein in what had begun to feel like a long-running social experiment. I opened my dating app distance preferences and embarked on a One Mile Tinder Diet.

I'd read a New York Times article citing a 1932 study that found of 5,000 marriage licences issued in Philadelphia, one-third of the couples had lived in a five-block radius of one another before marrying, 1 in 6 in a one-block radius, and 1 in 8 at the exact same address.

I live in a pretty trendy area of downtown Toronto filled with many young(ish) eligible professionals like myself, and doesn't all the collective wisdom about online dating tell us too much choice is a bad thing?

And at first it seemed promising. Keeping it in the neighbourhood meant there'd always be time to bike home and re-tousle my helmet hair before heading out to a nearby and well-tested drinking establishment.

> **And even if the boy next door wasn't Mr. Right or even Mr. I Just Live Right Over There, I'd be home in time to pick up wherever I left off on Netflix**

I could wear whatever shoes I wanted without my feet hurting.

And even if the boy next door wasn't Mr. Right or even Mr. I Just Live Right Over There, I'd be home in time to pick up wherever I left off on Netflix.

And that's exactly how it went, with the exception of one Tinder Tourist, who was swiping near my home when he really lived in the east end.

Then things actually became promising. One date with a cute guy became multiple dates, and I'd started to think I was a genius as we strolled to the park near our condos to share his homemade vanilla bean ice cream that didn't have a chance of melting along the way.

But it wasn't long before I came to see the drawbacks of my plan.

While out one afternoon in a less-than-date-ready outfit, I passed him drinking with a friend on a patio and thought how awkward this would be should our romance end, as it did, not long after.

Now, I realize, a walk to the grocery store or liquor store comes with the chance of seeing a past suitor and seeing him on a date with someone else, and so I have to think about going to the supermarket a few blocks over or taking a long route to a different park, one that doesn't involve walking past any of the bars I think he might frequent.

And so I've recast my net a few more miles out. Because, really, avoiding a former flame is frustrating enough in this city, without adding a commute.

JOHANNA SCHNELLER WHAT I'M WATCHING

Joplin doc shows, doesn't tell

THE SHOW: American Masters — Janis: Little Girl Blue (PBS, airs May 3)
THE MOMENT: The high school reunion

This Janis Joplin doc shows us how Joplin's feeling like a perpetual outcast fueled both her pain and her art. GETTY IMAGES

Janis Joplin, already famous, is back in tiny Port Arthur, Texas, for her tenth high school reunion, resplendent in round sunglasses, with pink and purple boas in her hair.

"Did you go to football games?" a local reporter asks.

"I think not," Joplin replies. "I didn't go to the prom."

"But you were asked," he persists.

"No, I wasn't," Joplin says quietly. "I don't think anyone wanted to take me." It's a sad beat. So, laughing, she makes a joke: "And I've been suffering ever since."

By this point in this documentary, director Amy Berg (An Open Secret) has shown us how Joplin's feeling like a perpetual outcast fueled both her pain and her art.

We've seen her shunned in Texas; we've heard her apologize in letters to her parents (read by Cat Power) for being a disappointment.

But what I love about this sequence is, Berg doesn't explain why in the hell Joplin would want to go to her reunion.

She doesn't have interviewees say, "She needed the acceptance," or "She wanted to rub their faces in it." Berg simply shows us the footage.

That is the mark of a good doc. It feeds us information to a point, after which it trusts us to understand what we're seeing. It lets us sit with emotional moments and draw our conclusions. That's what we remember.

Something else I won't forget: The groovy, long-haired, dangerous-looking boys Joplin loved, whom we see in period footage, are now sweet-looking, gray-haired or bald grandpas. Not a one can speak of her without choking up.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

STREAMING

Handmaid's Tale to star Elisabeth Moss

An adaptation of Margaret Atwood's totalitarian gender study The Handmaid's Tale will star Mad Men actress Elisabeth Moss.

The Golden Globe-winner will play the lead role of Offred in a series being produced by U.S. streaming service Hulu and MGM Television.

Atwood will be consulting producer on the show while its executive producers include Warren Littlefield, who helped bring Fargo to the small screen.

The Handmaid's Tale is set in a dystopian future in which women are property of the state.

After being torn from her daughter and enslaved by her male owner, Offred struggles to survive in the male-dominated society while searching for ways to reunite with her family.

The Handmaid's Tale was considered a breakthrough novel when it was published in 1985, winning the Governor General's Award for English fiction and the Arthur C. Clarke Award.

"The Handmaid's Tale is more relevant now than when it was written, and I am sure the series will be watched with great interest," Atwood said in a statement.

"I have read the first two scripts and they are excellent. I can hardly wait to see the finished episodes."

Hulu says the series will begin production later this year for a scheduled premiere in 2017 on its streaming platform, which is only available in the U.S.

Canadian viewers will have to wait — a domestic distributor hasn't been announced yet.

THE CANADIAN PRESS

ENTERTAINMENT BRIEF

Definitely Not The Opera to take final bow on May 14

CBC Radio One's long-running Saturday afternoon program DNTO (Definitely Not The Opera) is about to end its run.

The public broadcaster says the show will end its 22-year run on May 14.

Sook-Yin Lee, who's been hosting DNTO since September 2002, will be taking on a new project with the CBC.

Meanwhile, a statement says the show's Winnipeg-based producers are developing a yet-to-be-announced new CBC show.

Susan Marjetti, executive director of radio and audio at CBC English Services, says they "wanted to go out on a high" and adds "it was time for a change."

DNTO debuted on Sept. 10, 1994, delivering personal stories from a wide variety of Canadians.

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THIS WEEK: ***What Is Gingivitis and How Can It Be Treated***

metro SPORTS

After starting the season 5,000-1 underdogs, Leicester secured its first Premier League title when second-place Tottenham drew 2-2 at Chelsea

Quickly on to the next one

RAPTORS ROUND 2

Little time to prepare for Wade and Heat

The Toronto Raptors had little time to celebrate their playoff win over the Indiana Pacers. They left the Air Canada Centre with homework on the Miami Heat.

Toronto coach Dwane Casey told the players they had until midnight Sunday to savour the hard-fought seven-game series win over the Pacers. Given the game ended just after 10:30 p.m., it was an abridged celebration before switching focus to Miami.

"We've got to go from exhaling to 100 hundred miles an hour real quick," said Casey, who pronounced himself "happy for a minute" after finally beating Indiana.

The message appears to have got through.

"As soon as I got back to my apartment, I started looking over the scouting report and the playbooks for them," said Raptors rookie Norman Powell.

The turnaround was almost as quick for the Heat, who dispatched the Charlotte Hornets on Sunday afternoon and flew north the next day.

The Raptors weren't much interested in an Indiana post-mortem Monday.

"It's something that we did, it's over with. We've got to prepare for Round 2," said guard Kyle Lowry.

"I'm focused on the Heat," he added several times.

The all-star guard did share his thoughts on facing Miami star Dwyane Wade after playing Pacers marquee man Paul George.

"Paul shot the ball well. He shoots jump-shots a lot, he takes threes, he's physical. But D-Wade is just shifty. He's Dwyane Wade, he's a Hall of Famer," Lowry said with a chuckle. "PG might get there. I think he will one day ... he has the talent to get there. But D-Wade is a Hall of Famer. It's a different challenge."

29.3

DeMar DeRozan averaged 29.3 points a game against Miami this season. He scored 30 or more three times.

The 34-year-old Wade has played in 159 post-season games, more than three times that of the Toronto franchise (18-31 in the post-season).

Growing up, Powell says he modelled his game on Wade. "I've been watching him all my life so I'm looking forward for the challenge," he said.

Powell played just four minutes 38 seconds against the Heat this season but was quickly noticed by Wade.

"As soon as I checked in, he looked at me and looked at coach (Erik) Spoelstra and they ran a post-up for him," said Powell. "So I know he's going to see me as a rookie and (think) that he can take advantage. So I'm just going to try and make it as difficult as possible for him."

The Heat series marks Toronto's first trip to the Eastern Conference semifinals since 2001 when it lost in seven to Philadelphia.

Toronto (56-26) is the second seed in the East while Miami (48-34) is No. 3.

Miami remains without 11-time all-star — and former Raptor — Chris Bosh, who missed the final 29 games of the regular season after a blood clot was found in his left calf.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

Kyle Lowry and the Raptors won three of four games this past regular season against Dwyane Wade and the Heat. ISSAC BALDIZON/NBAE VIA GETTY IMAGES

IN BRIEF

Ronaldo could return for second leg of Madrid-City

Real Madrid star Cristiano Ronaldo's chances of facing Manchester City in the second leg of the Champions League semifinals on Wednesday were boosted as he returned to full training.

Ronaldo has missed three consecutive games, including Madrid's 0-0 draw last week in Manchester, because of a muscle injury to his right leg. THE ASSOCIATED PRESS

Dodgers pitcher tests positive, banned 80 games

Los Angeles Dodgers pitcher Josh Ravin was suspended Monday for 80 games following a positive test under Major League Baseball's drug program. Ravin tested positive for Growth Hormone Releasing Peptide 2 (GHRP-2), the commissioner's office said.

Ravin blamed the positive test on a supplement he took during spring training after a bout with intestinal flu and strep throat. THE ASSOCIATED PRESS

Swimmer disqualified over Olympic rings tattoo

Paralympic swimming champion Josef Craig was disqualified from a race at the IPC European Championships for failing to cover up a tattoo of the Olympic rings.

Craig's tattoo on the left side of his chest breached regulations related to advertising. THE CANADIAN PRESS

RECIPE Cobb Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This diner classic really deserves a place in your home as well. More of an assembly job than anything else, this healthy dinner comes together quickly.

Ready in
Prep time: 30 minutes
Cook time: 15 minutes

Ingredients
- 6 bacon slices
- 1 head of romaine, thinly sliced
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 2 chicken breasts
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sautee bacon until crisp. Drain on a paper towel. Cut or crumble into pieces

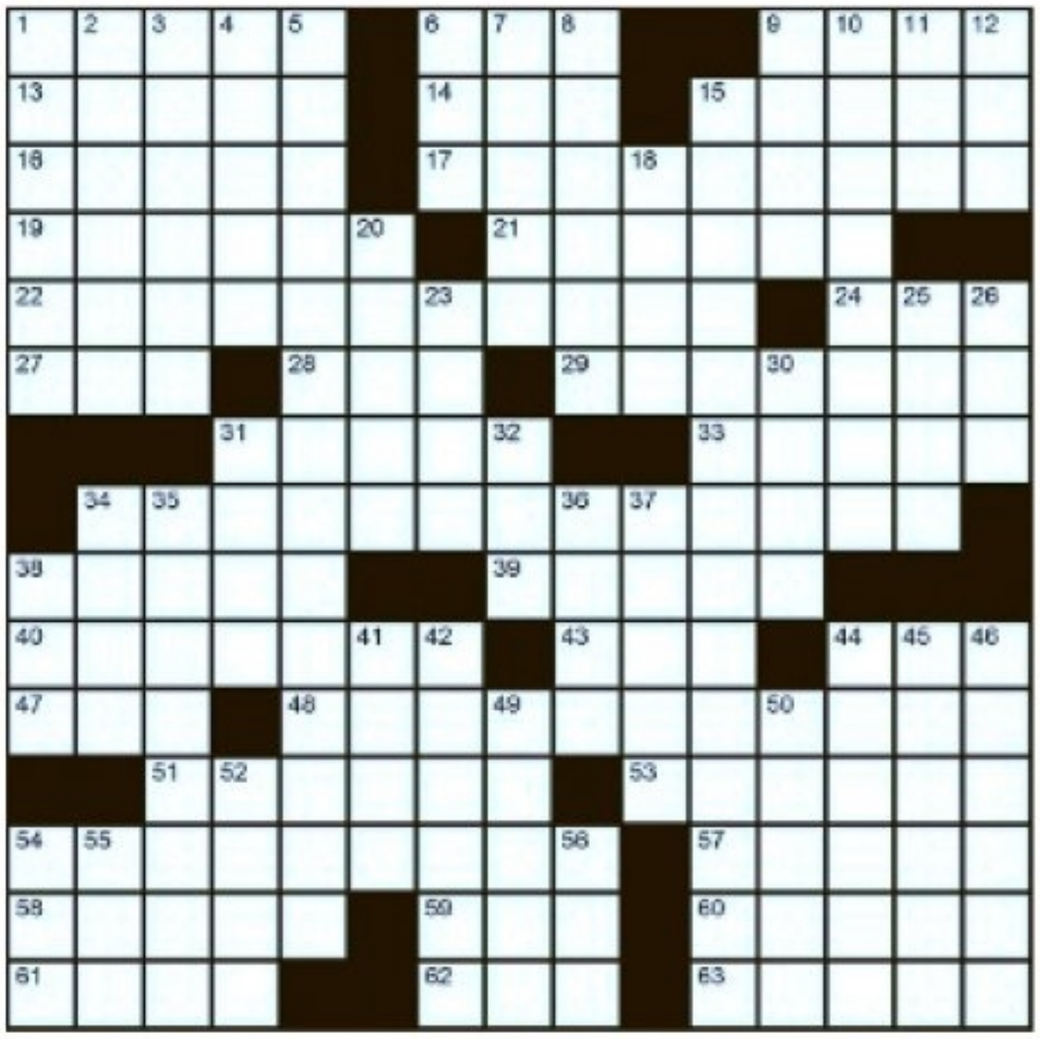
3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _ the boards (Act)
6. US driver's speed
9. Jason _ (BC Sports Hall of Fame curator, author of the new book at #22-Across)
13. Montreal Metro station, _-Bourassa
14. Dublin's li'l country
15. Mathematical proportion
16. Participate
17. Fighter jet groups: 2 wds.
19. "Rawhide" singer Frankie's
21. Polished in style
22. The _ _: Stories of the 1954 British Empire and Commonwealth Games
24. Bond
27. Ginger beverage
28. _ Mahal
29. Flooring purchases
31. _ _ _ break (Pause for the commercials)
33. Theatrical work, _ Godunov
34. Canadian who won silver in the heavyweight boxing final, regarded as one of the Top 10 moments of the 1954 British Empire and Commonwealth Games: 2 wds.
38. Houston's home
39. _ piano
40. Use the blue bin
43. 'North' suffix
44. Pro bono TV spot
47. "People _ People" by Depeche Mode
48. Exuberance: 2 wds.
51. Truly
53. Mr. Jackson, and namesakes (Ice Cube's real name)
54. Bringing back a movie role
57. Dessert selection
58. Petal product in perfumery
59. D.C. politician, e.g.
60. Suffixes with 'Exist' and 'Persist'
61. Boston's state, for short
62. PC keyboard key
63. Bassoon props

DOWN
1. "_ & Louise" (1991)
2. Fasten with a hammer again
3. Complete
4. Region
5. Atom Egoyan's seat: 2 wds.
6. NBA's Heat city, briefly
7. Spectrum source
8. Courageous
9. Country outbuilding
10. And so forth: 2 wds.
11. Business... Co., in French
12. Boxing stats
15. Four-minute-barrier-breaking English athlete who won the historic race in Vancouver, as per the title at #22-Across: 2 wds.
18. Chick-_-_ (American restaurant chain)
20. Grey, like some stone
23. Internet occupation, say
25. Put _ _ writing
26. Winding shape
30. Water lily's water
31. Singer Macy
32. Summer mo.
34. Will of "The Waltons"
35. Book passages
36. Music loudness increase [abbr.]
37. Marx Brothers member
38. _-la-la!
41. Abner, et al.
42. Church, in Chicoutimi
44. Mr. Brosnan
45. Declared
46. Evaluate
49. Canadian actor, Tyler _
50. France: Winery river valley
52. Historic chapters
54. Aries animal
55. Greek letter
56. 'Live Well' health supplements store

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The Moon in your sign today makes you more emotional than usual. Therefore, guard against power struggles with authority figures. (You have been warned.)

Taurus April 21 - May 21
You might feel disgruntled about something today. Things are not flowing as well as you'd hoped. Just cruise for a while, because this is short-lived and tomorrow is a lovely day.

Gemini May 22 - June 21
Avoid power struggles with friends or groups today, because you will only regret it. You know that you love to have an adoring peanut gallery. Let's keep it that way.

Cancer June 22 - July 23
A power struggle with an authority figure is likely today; however, you can avoid this. Demonstrate grace under pressure. Wait until tomorrow, which is a smooth day.

Leo July 24 - Aug. 23
Steer clear of controversial subjects like politics, religion and racial issues today, because power struggles are likely. Mum's the word.

Virgo Aug. 24 - Sept. 23
Arguments about shared property, taxes, debt and inheritances are likely today. Therefore, don't even go there. Wait until tomorrow, which is a fine day.

Libra Sept. 24 - Oct. 23
Be patient with partners and close friends today to avoid family conflicts. You like to debate, but you don't like harsh conflict. Just coast until tomorrow, which is an easy day.

Scorpio Oct. 24 - Nov. 22
Do not try to persuade co-workers to agree with you today. Do not try to impose your ideas for improvements at work. Just let things simmer, because tomorrow is the day to do this.

Sagittarius Nov. 23 - Dec. 21
Parents need to know to avoid power struggles with their kids today. Why do this? It only makes everyone miserable. Wait a day to address any important issue, because tomorrow is just fine.

Capricorn Dec. 22 - Jan. 20
Ego battles with family members might take place today. (You need this like a fish needs a bicycle.) If there's something important to say, wait until tomorrow.

Aquarius Jan. 21 - Feb. 19
If you need to convince others today, you will do so; however, you might be ruthless. If you want to convince someone and leave the person smiling, wait until tomorrow.

Pisces
Feb. 20 - March 20
You might feel obsessed about buying something today. "I must have it!" Best to postpone financial negotiations until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1			4				2	
	8	4				1		5
	5			1	2		4	
9			1	4		5		
		7	2	5	8	9		
		5		9	6			3
	7		5	8			9	
4		2				8	5	
	3				9			1

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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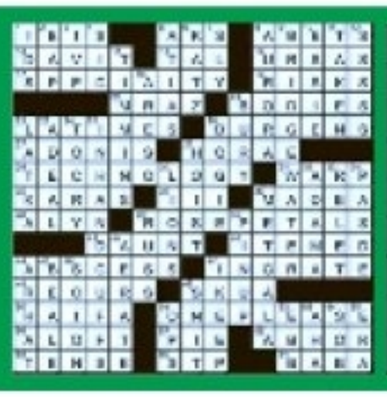

5	4	8	3	1	6	9	2	7
7	9	3	4	5	2	6	8	1
1	6	2	7	9	8	3	5	4
8	7	1	5	2	3	4	6	9
3	5	4	1	6	9	2	7	8
6	2	9	8	4	7	1	3	5
9	8	7	2	3	1	5	4	6
2	1	5	6	7	4	8	9	3
4	3	6	9	8	5	7	1	2

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